

Tuna Fish with Peas – *Atún con chícharos*

Ingredients

- 1 can tuna fish; approximately 185g drained
- 1 cup cooked peas; shelled and boiled (fresh), drained (canned), or thawed (frozen)
- ¼ cup mayonnaise

To serve:

- Pickled jalapeño peppers and carrots (homemade, or from can)
- Soda crackers
- Cilantro, for garnish

For Stuffed Tomatoes – *Jitomates rellenos*:

- 3-4 medium tomatoes
- 2-3 leaves lettuce or cabbage; washed, dried and sliced finely

Place cooked peas, drained tuna fish and mayonnaise in a bowl; mix thoroughly with a fork, breaking up tuna. This simple salad makes a great sandwich filling, or may be served garnished with cilantro leaves, with crackers and pickled vegetables on the side, as shown above.

If there are a few tomatoes around, another popular way of using tuna with peas is as stuffing. If tomatoes come with stem, leave them on; wash and dry tomatoes, then slice the tops off, to form cups for stuffing (photo below, left). Working with one tomato at a time, cut around the inside of the wall with a serrated knife, and scoop out seeds and pulp (photo below, centre); repeat with the rest of the tomatoes (the seeds and pulp may be saved for another use, such as in soups or stews.) Fill each hollowed tomato with a generous amount of prepared tuna fish with peas (photo below, right):



Arrange stuffed tomatoes on a plate with a bed of finely sliced lettuce or cabbage; if using tomatoes with stems on, replace tops on each tomato, as shown at the top of the page.